



ARE YOU PREPARED FOR A NATURAL DISASTER?

As disasters become more and more prevalent and severe, it is important to think about whether or not we are prepared for the worst. Most of us though as summer is upon us, preparing for a disaster may be the furthest thing from our minds. Unfortunately, as we recently saw what happened in Oklahoma and Missouri, natural disasters can strike at any time and usually without warning.

How can we prepare ourselves?

Benjamin Franklin is credited with the famous expression, "An ounce of prevention is worth a pound of cure."

Basically, the expression which is very similar to "a stitch in time saves nine," means that it is always easier and usually better to prepare for an incident rather than trying to fix whatever is broken. This might be compared to that rattling noise that you hear when you are driving your car and you keep telling yourself that you are going to go to a mechanic to get that checked out but you keep putting it off. Then the longer it gets put off, the louder it gets. Finally you get to the mechanic and he gives you the bad news that if you would have come in sooner there would have been less damage and his bill would have been a lot less. If you can't relate that scenario then you deserve praise because you probably are a person that likes to think ahead and be prepared, which is excellent. If you can relate to that situation then you are like most of the readers. In Spanish there exists an idiom which basically states that it is not wise to be like those that put a lock on their house after they get robbed.

Note that there are basically two types of disasters. A disaster may affect an entire community, or region, such as a hurricane, or it may be localized. For example, a gas line may explode, or your house may catch on fire. Much of the following information applies to both situations, but we will focus more on natural disasters which may or may not give off warnings.

Prevention

Here is why prevention is the key. Have you ever tried to get groceries at the local supermarket when they are announcing a storm? Imagine the situation after a natural disaster when everyone is in desperate need of the same basic items; potable water, first aid kits, artificial lighting, batteries, and food items. Conditions are even typically worse in urban settings. As things quickly run out, then additional supplies become difficult and transportation may be impossible. Purchasing something simple could turn into a nightmare. You might end up paying a "pound" for what typically would have cost you an "ounce," so to speak.

Another situation that could easily arise is regarding extortion. Once again, you might think about the prices that consumers are charged when they go to a special concert or sporting event. Typically you are not allowed to bring food or drink into an establishment and yet the prices inside of the arena or stadium are exorbitant, perhaps 2 or 3 times the price of a vendor that may be right across the street from the stadium. Something very

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similar usually happens when a disaster strikes. Demand goes up, and the sources are limited, this in turn drives up the prices. Further complicating things is that vendors may state that they don't have sufficient change so they can't break large denominations. If they can't break large denominations, then the customer ends up losing. Experts advise that in our emergency kit, we should include a good amount of bills in small denominations. We can't expect the local bank to be open so that they can change your money.

One other thing to keep in mind is that some disasters give off warning signs, while others do not at all. It is important to be organized and prepared for both types of scenarios.

In order to help people become more prepared, the government has prepared the website www.Ready.gov which is easy to read and understand. In an effort to reach a large portion of the population, it is also available in 12 languages.

According to www.Ready.gov, there are 3 important steps that we should take in order to prepare ourselves for a disaster.

- 1) Get a Kit
- 2) Make a Plan
- 3) Be Informed

Let's start with the first one, Get a kit. Below you will find some items that the above mentioned website recommends in an emergency kit.

- Several clean containers for water, large enough for a 3-5 day supply of water (about five gallons for each person).
- A 3-5 day supply of non-perishable food.
- A first aid kit and manual.
- A battery-powered radio, flashlights, and extra batteries.
- Sleeping bags or extra blankets.
- Water-purifying supplies, such as chlorine or iodine tablets or unscented, ordinary household chlorine bleach.

- Prescription medicines and special medical needs.
- Baby food and/or prepared formula, diapers, and other baby supplies.
- Disposable cleaning cloths, such as "baby wipes" for the whole family to use in case bathing facilities are not available.
- Personal hygiene supplies, such as soap, toothpaste, sanitary napkins, etc.
- An emergency kit for your car with food, flares, booster cables, maps, tools, a first aid kit, fire extinguisher, sleeping bags, etc.

Regarding this last point that mentions the importance of having an emergency kit for your car, this becomes even more relevant in the winter. In December of 2010 in southern Ontario Canada, a blizzard hit that stranded about 600 people on a major highway. The blizzard came on so suddenly and with so much force that it completely surprised most drivers. Almost immediately a state of emergency was declared, and it took the Canadian military 24 hours to reach all of the motorists. Sadly according to government reports, one individual died as he wandered away from his car looking for help.*

In situations like the previous one, an emergency kit that is well-prepared helps us to be able to survive extreme conditions.

Obviously though as you take a look at the recommended items for the emergency kit, many of them have an expiration date, or lose their effectiveness after a certain date. This fact illustrates the need to periodically review all kits to make sure that all items are in good condition and are not about to expire. Food goes bad, baby wipes go dry, prescription medicines have an expiration date or may change, and babies grow, these are just some of the reasons why it is vital to regularly review our emergency kits.

One another note, other sources also suggest purchasing a fire-safe waterproof security box or chest that can be used to store important documents such as passports and other legal documentation. Obviously this box needs to be hidden but at the same time easily case of

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fire, accessible in the event of an emergency. In addition, in all important documents stored within this safe box would be protected from fire and water damage. These boxes start at around \$45.00 a piece which may seem pricey, but when compared to the time and energy that would be needed in order to replace the lost documents, most people would say that it is money well spent.

Step #2 relates to making a plan.

When a disaster strikes, how can you be sure that your family is safe? Do you have a plan as far as where to go?

It is recommended that all members of the family agree on a location to meet up after a disaster because many times cell phone service is cut off due to the disaster. The website provides a downloadable document regarding emergency contacts and information that can be filled out and then printed so that each member of the family can carry it with them at all times. This is especially invaluable for young children so that they can be taken to their parents in the event that they become displaced in a disaster. Here is a link to the document. [Click here](#)

Step #3, Be Informed

Become familiar with the different government agencies that exist in your area as well as local radio stations that carry up to date weather and emergency information. Think about how you would handle situations that commonly affect your geographic area. What disasters frequently hit your area and what other possible disasters might come up? Does your family know how to protect themselves? For example, in the event of a tornado, what would you do? Where would you go? How about a hurricane? The website www.ready.gov provides reliable information on 20 different disasters situations. Sometimes, commonly accepted advice on what to do in the event of disaster changes, so it is important to stay current on how to protect our families and loved ones.

Earlier this year Massachusetts was hit by numerous weather systems that included at least 2 tornados. The destruction caused by these tornados was some of the



worst that this region had seen in recent history. Unfortunately, at least 4 died in the disaster.

In conclusion, an ounce of prevention is worth a pound of cure. Buy the lock before you get robbed; better yet buy a water and fireproof lockbox before the disaster. Be prepared, because a lot of people care for you and depend upon you.

*<http://www.theobserver.ca/ArticleDisplay.aspx?e=3088870>





Ask Dr. Lane

How do kidneys filter blood and help to eliminate waste?

The urinary system combines chemical control of content of the fluids in the body and the mechanical plumbing, which allows excess fluid and waste products to leave the body. In the kidney, components, chemical control and mechanical plumbing exist hand in hand. Below the kidneys, the ureters, bladder and urethra continue the plumbing that helps remove liquid waste from the body.

Over 60 percent of the human body is water. It helps give body and form to parts of the body, and serves as a medium of communication carrying food, waste, and hormones throughout the body. The water in blood is pumped by the heart in a large complex of tubes called arteries and veins. A minimum pressure is required by the body to feed nutrients to the head. The maintenance of the correct pressure, along with the correct amount of salt, waste and acid-base balance are all managed by the kidneys and related hormones.

The kidneys are two bean-shaped organs located in each of the two flanks of human beings. They filter blood sent to them by the renal arteries, which come from the aorta. Filtered and "cleaned" blood returns to the heart via renal veins and the large inferior vena cava. While clean of waste, this blood is still "blue" or unoxygenated blood. It still needs to return to the heart and lungs to be filled with oxygen.

The kidney, however, filters the blood and controls the chemistry and acid base balance along with blood pressure. The blood is filtered by the nephron. It is the basic unit of function and structure in the kidney. Water and wastes not needed by the body, filter through the collecting tubules and are excreted into the ureters. The nephron consists of a glomerulus, a round blossom of blood vessels and a long thin renal tubule. One end of the renal tubule is Bowman's capsule, which surrounds the glomerulus. The other end of the tubule joins a urine-collecting tubule.

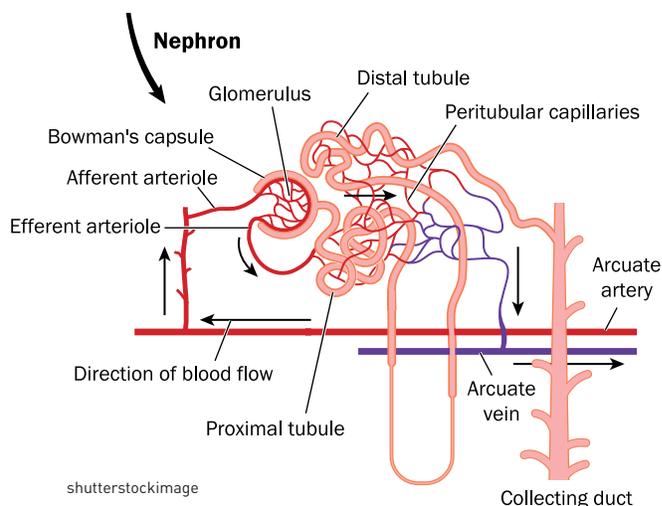
The glomerulus fills with blood and filters out a fluid. The fluid has water, sodium, bicarbonate, potassium,

glucose, amino acids and waste products including urea and uric acid. This fluid eventually becomes urine.

The fluid goes into the collecting tubules via Bowman's capsule. The fluid goes through the tube as it dips from the cortex, where the glomerulus is, to the medulla where the urine collecting tubes are.

The tube initially twists in the proximal convoluted tubule. It descends into the loop of Henle and then ascends to the distal convoluted tubule. In each section the filtrate in the tubule is subjected to either active secretion of electrolytes or proteins, or is surrounded by environmental fluid, which concentration allows osmotic fluid shifts that keep the blood's concentration consistent and safe.

The ureters are like large tubes that lead down, one on each side, from the kidney to the bladder. The liquid waste or urine flows down the ureters into the bladder. The bladder is a large globular structure with muscular walls. The bladder wall or detrusor muscle is composed of three layers of muscle fibers. Between the two ureteral openings and the bladder outlet is a small, triangular area of smooth mucous membrane called the trigone.



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Ask Dr. Lane

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The bladder outlet opens into a tube called the urethra, a tube leading from the bladder out of the body. In males, the urethra is almost 8 inches long. In females, the urethra is one-fifth as long, which can lead to frequent urinary tract infections.

In females, the uterus can rest on the bladder. During pregnancy, the enlarged uterus can press on the bladder and cause frequent urination. In men, the urethra is separated into three different sections. The first part is the prostatic urethra, then the membranous urethra and finally the spongy urethra.

In men, the urethra goes through the prostate and then finishes in the penis. The prostate supplies fluid for the semen. The urethra allows both semen and urine to pass through.

The prostate surrounds the urethra, like an apple around a core. If the prostate gets enlarged, it can close off the urethra, causing urination problems. A clinician can feel the prostate with a digital examination through the rectum. If the prostate is enlarged posteriorly, the examiner can appreciate it with digital examination, but if the prostate is enlarged anteriorly, this could cause problems and not be appreciated by the examiner.

Vocabulary

Ureter	A pair of tubes that carry urine from a kidney to the bladder
Urethra	A duct or tube that allows the body to expel urine. In males this same duct is used as a passageway for semen.
Prostate Gland	In men, a group of glands that are located at the base of the urethra
Trigone	Found at the end of the ureteral openings in the bladder. It is a small, triangular membrane.
Bowman's Capsule	Located in the nephron, helps filter blood and form urine
Glomerulus	From Latin and means "ball of yarn." A ball-like structure of tiny intertwined blood vessels that is found in the kidney and serves to filtrate the blood and form urine
Loop of Henle	A U-shaped tubule that is located in the nephron
Detrusor Muscle	Bladder wall
Veins	A vessel or tube that carries blood to the heart
Arteries	A vessel or tube that carries blood away from the heart
Nephron	A urine-making unit found in the kidney and is composed of renal tubule and a glomerus

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President's Corner

Dear Interpreter:

Are you ready to assist our communities and the LEP population during a state of emergency?

By 2020 the Hispanic population in the USA will average 42 million, one in every 10 households will be Hispanic foreign born. http://www.hablamosjuntos.org/mediacenter/default.todays_stories.asp According to Hablamos Juntos, July 12, 2006, "Between 1990 and 2000, the number of Americans speaking a language other than English at home grew by 15.1 million (a 47 percent increase) and the number with limited English proficiency grew by 7.3 million (a 53 percent increase)."

State and Federal institutions are working on their emergency preparedness plans, while some institutions have budgets for interpreter services, others are e-mailing friends and colleagues and scratching for bilingual coverage. As an interpreter, you need to make a decision if you want to volunteer your services to the Red Cross, to local schools and/or to local departments of Public Health or any other reputable institution. The American Translators Association (ATA) in partnership with the American Red Cross has developed an on-line training and any interested interpreters may contact them directly at http://www.atanet.org/red_cross. In 2010, after the earthquake in Haiti, the International Medical Interpreter Association (IMIA) also developed a pool of pro bono interpreters to assist with natural disasters and one can contact them directly at <http://www.imiaweb.org/basic/disaster-relief.asp>.

CCCS needs to make sure that we have your updated information in case of a personal emergency for you while covering for a CCCS assignments. Please make sure that you have notified Fatuma Hassan at fhassan@embracingculture.com of any changes regarding your emergency contact information. CCCS will attach emergency contact information form to your check in case you need to update it by the end of each year. Also, please let us know if you want to be part of emergency preparedness pool and receive a text message by CCCS requesting your interpreter services as a paid interpreter.



I have learned from the most recent events that I am going to be consistent with charging my cell phone and I will have it placed in a reachable location in case of an unexpected emergency. I will fill my tank up twice a week from now on, instead of once per week. I also have bought a phone car charger in case I do not have electricity at home, I will still have a way to work and communicate. CCCS will attempt to post an alert to all interpreters through our webpage at www.embracingculture.com and please check the news and articles section.

Be proactive and be prepared, save some funds to cover at least one week of potential cancellations due to a situation, in which most likely scheduled interpreter appointments will be cancelled.

CCCS has two different servers safely located in two different States so that we can pick services right away. We are available 24/7 to support all interpreters servicing our company in case you are personally and professionally challenged to interpret for very traumatic events.

I have volunteered to assist with Portuguese interpretation to some of the local towns and schools.

Be safe and be prepared at a personal and professional level!

Best regards, Zarita



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Going Green

**SAVE SOME GREEN,
GO GREEN!**

The majority of banks, credit card companies and private companies are making great efforts to educate their clients about the importance to go paperless. Going paperless not only helps to save the planet but can help prevent identity theft because electronic transactions are more than transactions delivered by regular mail.

Going paperless can also be rewarding. Citizens Bank has a program that is called GreenSense that rewards customers who choose to go paperless. For more information please visit: www.citizensbank.com/greensense.

Satellite companies, like Dish Network, also reward customers who choose to go paperless by offering their high definition line up for free as long as they remain a customer.

Aside from any financial incentive, the biggest reward is a sense of satisfaction. By respecting the environment we are allowing future generations the opportunity to preserve and enjoy our forests and our planet. Please remember that small steps can make a great impact. Our planet is counting on you.

For great tips on going paperless at home or at the work place, please visit:
<http://smallnotebook.org/2008/09/24/going-paperless>



Cristian Restituyo

Interpreter Award of Excellence

My name is Christian Restituyo. I'm from the Dominican Republic, and I have been in the United States with my family for more than twenty years.

I'm a mother of four children, three girls and one boy. I enjoy my children a lot. They are so much fun. I love to spend time with my family and friends; I also love to travel and to read.

I'm very happy working as a medical interpreter because I love to help people in any way that can. Working with Cross Cultural Communication Systems gives me the chance to work in an environment that makes me feel very confident and happy.

Congratulations!

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Know your Acronyms and Abbrev.

<i>Tests and Procedures</i>	
CT/CAT SCAN	Computerized Tomography
ECG/EKG	Electrocardiogram
ECT	Electroconvulsive Therapy
EEG	Electroencephalogram
EGD	Endoscopy
EGG	Electrogastrogram
EMG	Electromyogram
ERG	Electroretinography
MRI	Magnetic Resonance Imaging
UA	Urinalysis

Bibliography

www.Medicine.net

Do CELL PHONES CAUSE CANCER?

According to a new report published by the World Health Organization (WHO), mobile phone use is now considered a "carcinogenic hazard," comparable to other substances such as engine exhaust and lead.

What does this mean? According to the report, scientists have found an increase in glioma and acoustic neuroma brain cancer in cell phone users.

The CNN article entitled "WHO: Cell phone use can increase possible cancer risk,"[^] compared to the radiation that a cell phone user receives to that of a low-powered microwave. In that article, Dr. Keith Black, chairman of neurology at Cedars-Sinai Medical Center in Los Angeles stated the following:

"What microwave radiation does in most simplistic terms is similar to what happens to food in microwaves, essentially cooking the brain," Black said. "So in addition to leading to a development of cancer and tumors, there could be a whole host of other effects like cognitive memory function, since the memory temporal lobes are where we hold our cell phones.

According to the studies, because children have thinner skulls and because their cells divide at a quicker rate, the potential for risk is greater.

In addition to this research, Apple along with other companies had previously released information stating that users should take certain precautions. For example, Apple has stated that iPhones should be used "at least 15mm (5/8 inch) away from the body."^{*}

No doubt further research will be done in an effort to provide the general public with more information on the possible dangers. Until then we encourage you to read your cell phone manuals and take appropriate precautions.

[^]http://edition.cnn.com/2011/HEALTH/05/31/who.cell.phones/index.html?hpt=hp_t1

^{*}http://manuals.info.apple.com/en/iPhone_Product_Info_Guide.pdf

ENGLISH IDIOMS EXPLAINED

Idiom	Explanation	Example
Pull the wool over your eyes	To fool	Angela had the wool pulled over her eyes and had no idea what was going on.
Don't make a mountain out of a mole hill	Don't make a big deal out of something small	She always makes a mountain out of a mole hill, by involving everyone in the matter
6 of one, half dozen of the other	Either way, same result	I'm not sure what to do, because it's really 6 of one, half dozen of the other.
Go to great lengths, to go above and beyond, to go the extra mile	Sustained, diligent, effort to complete a task	Whenever there is a problem, he goes to great lengths to make sure that it gets solved.
Keep me posted	Up to date	Keep me posted on whether or not you are able to do it.

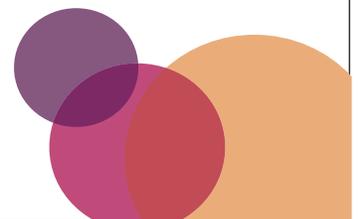
Answers to the CCCS Crossword - June 2011

Across

1. Urethra
2. Veins
3. Bean
4. Keep me posted
5. Cat
6. Cellphone
7. Endoscopy
8. ECG/EKG
9. Bladder
10. Glomerulus

Down

1. Ureters
2. Kit
3. Veins
4. Ureters



Upcoming Trainings

GETTING READY FOR YOUR WRITTEN HEALTHCARE CERTIFICATION EXAM

This course will help prepare active qualified healthcare interpreters for both of the national certification written exams. In order to simulate the written certification exams, students will have the opportunity to take online tests during class time. These exams will help prepare the student to get the feel of how the certification exam will be presented and will allow them to receive instant feedback on their progress. Students will be able to use these exams as a tool to help gauge their progress, and as an indicator to help them determine their readiness for the certification exam. [Click here](#) for a complete overview of the course.

Cost: \$199 (MATERIALS NOT INCLUDED)
Online - Contact CCCS for more information.

THE FUNDAMENTALS OF LEGAL INTERPRETATION: 60-HOUR CERTIFICATE OF ATTENDANCE PROGRAM

Pre-requisites: Applicant must be at least 18 years of age, with a minimum of a HS diploma or GED, and must pass a mandatory screening examination in English and the target foreign language(s) prior to acceptance in the program. Applicants must pass the screening at a minimum of "Advanced Mid-Level" according to the industry standards. There is a \$55 non-refundable fee for this screening examination.

The American Translators Association has approved the Fundamentals of Legal Interpretation: 60-hour Certificate of Attendance Program for 10 Continuing Education Points.

COST: \$850 (MATERIALS ARE NOT INCLUDED)
Sundays 9:00am-2:00pm, September 11, 2011-December 11, 2011

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The American Translators Association has approved the Art of Medical Interpretation 60-hour training program for 10 Continuing Education Points.

COST: \$695 (MATERIALS ARE NOT INCLUDED)

Woburn, MA: Tuesdays and Thursdays, September 8 – November 1, 6 pm – 10 pm
Orientation: Thursday, September 8, 5:00 pm - 6:00 pm

Manchester, NH: October 22, 2011 - February 11, 2012, 9 am – 3 pm
Orientation: Saturday, October 22, 8 am - 9 am

[Click here](#) to download the catalogue. If you are interested in more information please contact us at 781-729-3736 X110 or by email at info@embracingculture.com.



Upcoming Conferences

August 19-20

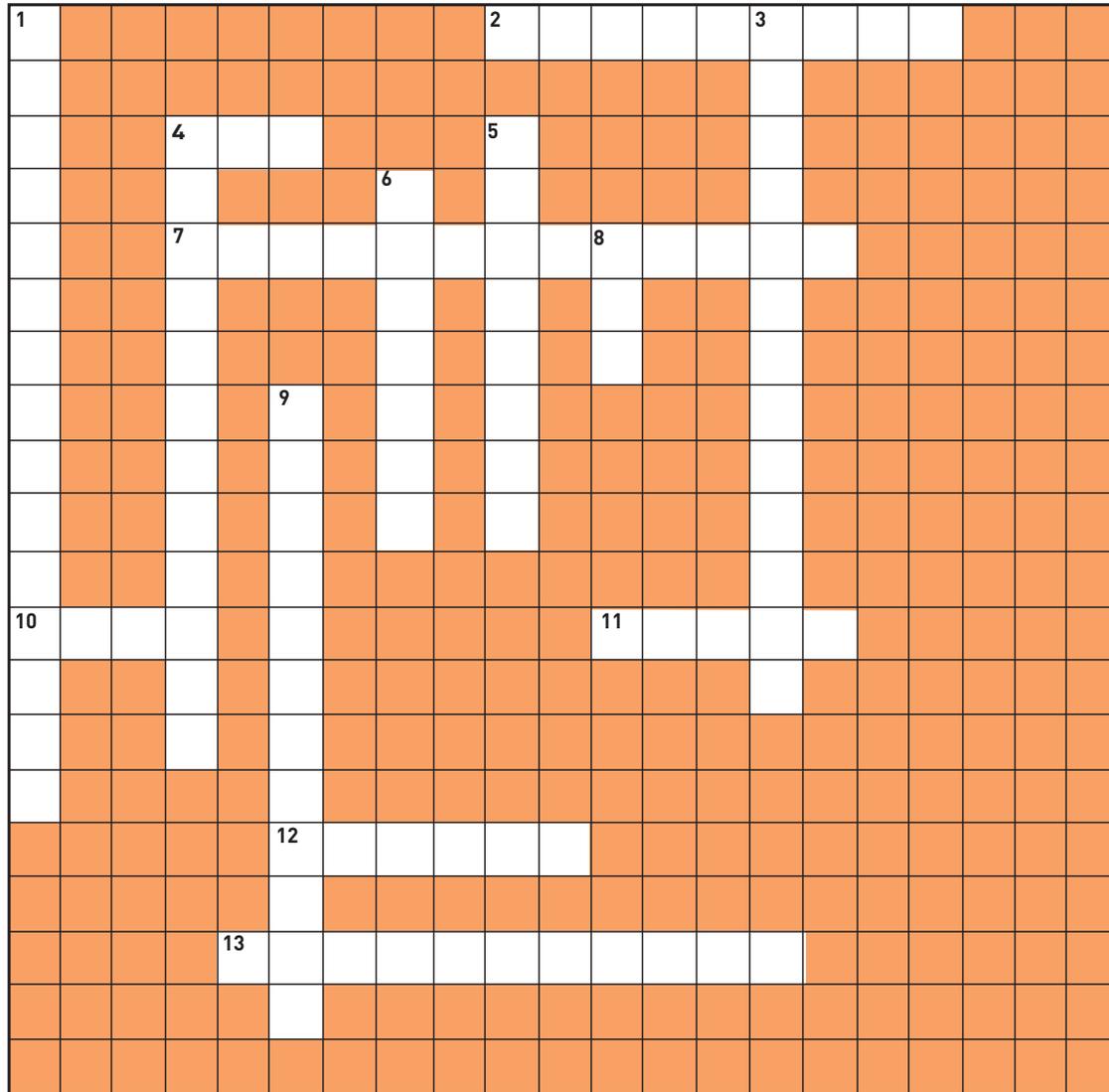
5th Annual TAHIT Symposium on Language Access in Health Care
The Fogelson Forum at
Texas Health Presbyterian Hospital
8200 Walnut Hill Lane;
Dallas, TX 75231-4426
www.tahit.us

September 30-October 2

IMIA Annual Conference

The Joseph B. Martin Conference
Center at Harvard Medical School
77 Avenue Louis Pasteur,
Boston, MA 02115
617-636-1798
www.imiaweb.org

Crossword



CCCS Interpreters please go to www.embracingcultureonline.com to take your continuing education quiz.

Across

2. Slow, progressive, potentially lethal
4. New Act to reduce health disparities
7. Outside of a cell
10. Excessive consumption may lead to high BP
11. Food category high in salt
12. Key ingredient in salt
13. Two illnesses at the same time

Down

1. Under 140
3. Inside a cell
4. Medication for high BP (2 words)
5. Narrowing of a blood vessel
6. Can't win for losing (2 words)
8. Individuals that are unable to converse well in English
9. High BP